Aikido For Children (Ages 5 - 16 Years)

The program involves various exercises catered to children in order to promote their mental awareness, physical capabilities and coordination skills; which ultimately build healthy values, character, and self-esteem. This type of conditioning is essential to a child because it teaches them social skills and the concept of teamwork.

Instructor: Elmer Tancinco

Class# 9581

Wednesday	March 2 - April 20*	4:15 - 5:15p.m.
Saturday	March 5 - April 23*	9:00 - 10:00a.m.
Alameda Aikikai	No. of sessions: 8	Fee: $103

*You may choose any 8 practice sessions from these days. Includes practice uniform if you do not already own one.

Creative Dance (Ages 3 - 4.5 years)

An enjoyable combination for children which includes ballet, creative movement, tap, and acrobatics. This program is designed to exercise the mind and body while developing an interest in dance. It provides an excellent foundation for further dance studies. All students must purchase a pair of tap shoes. Ballet slippers or jazz shoes are optional.

Instructor: Nora Stebbins

Class# 9582

Tuesday	March 1 - April 26*	1:30-2:15pm
Rubys Tumbling	No. of Sessions: 8	Fee: $118

*No Class on March 22, 2011

Class# 9583

Tuesday	May 3 - 24	1:30-2:15pm
Rubys Tumbling	No. of Sessions: 4	Fee: $63

Class# 9584

Wednesday	March 2 - April 27*	3:00-3:45pm
Rubys Tumbling	No. of Sessions: 8	Fee: $118

*No Class March 23, 2011

Class# 9585

Wednesday	May 4 - 25	3:00-3:45pm
Rubys Tumbling	No. of Sessions: 4	Fee: $63

Hawaiian Jujitsu for Children (Ages 4 - 14 Years)

Jujitsu is an oriental system of Martial Art using anatomical knowledge and the principle of leverage against the strength and weight of an aggressor. Learn Hawaiian Jujitsu, Grappling, Street Self-Protection, Punching and Kicking, Rolling and falling safely.

Instructor: Chris Peterson

Class# 9586

Tues & Thurs	March 3 -31	5:00-6:00pm
Twin Towers	No. of Sessions: 10	Fee: $48

Class# 9587

Tues & Thurs	April 5 - 28	5:00-6:00pm
Twin Towers	No. of Sessions: 8	Fee: $48

Class# 9588

Tues & Thurs	May 3 - 26	5:00-6:00pm
Twin Towers	No. of Sessions: 8	Fee: $48

Hip Hoppers (Ages 5 - 8 years)

Students will be introduced to the fundamentals of movement and timing. We will learn how to stretch and have fun learning jazz techniques as well as creative dance moves for the dance floor! This class will be a blend of today's high energy "street style" dancing. Comfortable, fitted clothing recommended. No jeans, due to lack of material flexibility.

Instructor: Nora Stebbins

Class# 9589

Wednesday	March 2 - April 27*	4:00-4:50pm
Rubys Tumbling	No. of Sessions: 8	Fee: $118

*No Class March 23, 2011

Class# 9590

Wednesday	May 4 - 25	4:00-4:50pm
Rubys Tumbling	No. of Sessions: 4	Fee: $63

Sneaker Guppies Hockey (Ages 2.5 - 4 years)

Players use a hockey stick with a padded blade. A fun introduction to the sport of hockey. Teaches beginning puck handling, passing, shooting on sneakers. Parents and players will learn about the hockey culture.

Instructor: Bladium Sports Club

Class# 9594

Tuesday	March 29 - May 17	11:00-12:00pm
Bladium	No. of Sessions: 8	Fee: $150

Class# 9595

Wednesday	March 30 - May 18	4:00-5:00pm
Bladium	No. of Sessions: 8	Fee: $150

Class# 9596

Thursday	March 31 - May 19	10:00-11:00am
Bladium	No. of Sessions: 8	Fee: $150

Minnows Hockey (Ages 4 - 8 years)

A fun, fast paced class that teaches puck handling, passing shooting and teamwork on inline skates. Parents and players will learn about hockey culture and hockey gear. Equipment may be borrowed for class.

Instructor: Bladium Sports Club

Class# 9597

Wednesday	March 30 - May 18	5:00-6:00pm
Bladium	No. of Sessions: 8	Fee: $178

Makos Hockey (Ages 9 - 13 years)

Players learn intermediate skating and hockey skills. This class is an introduction to team strategy for players preparing for league and tournament play. Equipment may be borrowed for class. Please bring skates.

Instructor: Bladium Sports Club

Class# 9598

Monday	March 28 - May 16	5:30-6:30pm
Bladium	No. of Sessions: 8	Fee: $178